



Name Guarana

Caps

Code	Size	Duration
C18-54	54 Capsules	Usually lasts 18 days
C18-100	100 Capsules	Usually lasts 33 days

Area concerned

General energy level.

Ingredients

325mg Guarana minimum per capsule.

Description

Known as 'Brazilian Ginseng'. Guarana is a herb which has been very prominent in Brazil for centuries. Brazilians take it to support their energy level in a healthy way, to benefit the circulation and memory, and to help the body's natural immunity. As a herb to support the body's energy level, memory, and natural resistance we recommend you take a course of **Guarana Capsules** or **Drops** regularly.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Some people take Guarana for a week or two just as and when they feel they need its support.

Cautions

Use with caution during pregnancy or nursing.

Companion Products

Cat's Claw Capsules or Drops; Lym Capsules or Drops; Mega-Ton Drops; Min/Vit Capsules; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

Caps

Drops

Code	Size	Duration
D08-50	50ml	Usually lasts 28 days
D08-100	100ml	Usually lasts 55 days

Area concerned

General energy level

Ingredients

Guarana fluid extract only

Description

Known as 'Brazilian Ginseng'. Guarana is a herb which has been very prominent in Brazil for centuries. Brazilians take it to support their energy level in a healthy way, to benefit the circulation and memory, and to help the body's natural immunity. As a herb to support the body's energy level, memory, and natural resistance we recommend you take a course of **Guarana Capsules** or **Drops** regularly.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 2-3 months if and when it is felt to be desirable. Some people take Guarana for a week or two just as and when they feel they need its support.

Cautions

Use with caution during pregnancy or nursing.

Companion Products

Cat's Claw Capsules or Drops; Lym Capsules or Drops; Mega-Ton Drops; Min/Vit Capsules; Super Spirulina Tablets; Wheat Grass Capsules or Powder.

Drops